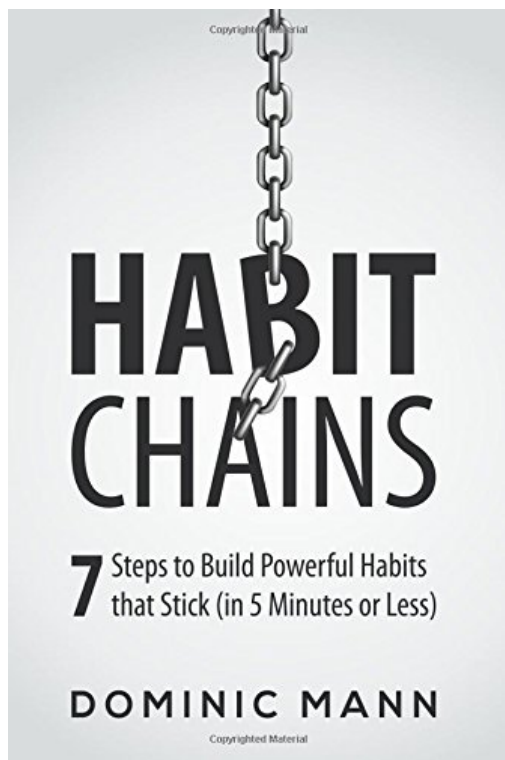


Ebook Download Habit Chains: 7 Steps to Build Powerful Habits that Stick (in 5 Minutes or Less) Full Book



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Book Synopsis

Do you struggle to build habits that stick? Are you sick of investing so much time, energy, and willpower into habit creation—only to get no results? Want to build a better life, but struggle to find the time needed to form those powerful habits? What if you could build more habits, build habits that stick, and do it all with less effort? Well, guess what? You can. Meet your new ally in building a better life: habit chains. Numerous habits linked together make a habit chain. A habit chain is a series of connected habits. For example, you might brew your morning coffee, meditate for a few minutes, and then write down the day's three most important tasks. By linking habits together, you get to create numerous habits with virtually no additional effort—just as holding a single iron ring requires no more effort than holding a chain of iron rings. It's like getting five (or more!) habits for the price of one! Discover the scientific way to build habits. Learn... How to hack the inner-workings of your brain and install new habits with "The BIG 5" of habit chains. How to use the power of habit chains to supercharge your morning routine. Example habit chains for everything from building a successful career to losing weight. How to use the "Habit Chain Decision Automation" strategy to achieve any goal. And much more! You CAN build habits better, faster, and stronger. Grab Habit Chains today and supercharge your life by clicking the BUY button at the top of this page. P.S. Get ready to retake control of your habits and, in the process, your life.